



City of Newton, MA

# INVEST IN YOURSELF

*Health and wellness newsletter for employees*

## UPCOMING EVENTS

**MARCH CHAIR  
YOGA 3/1, 8, 29**  
\$15 FOR THE  
MONTH

**ZUMBA NEW**  
SESSION STARTS  
3/1

EMAIL  
WELLNESS@NEW  
TONMA.GOV TO  
SIGN UP



Have an idea for an  
employee wellness  
program? Let us know!

## QUESTIONS?

Email Invest in Yourself  
[wellness@newtonma.gov](mailto:wellness@newtonma.gov)

Newton Department of  
Health & Human Services  
1294 Centre Street  
Newton, MA 02459  
T: (617) 796-1420  
F: (617) 552-7063

## SHINGLES VACCINE AVAILABLE

A series of free shingles vaccine clinics will be held in March and April for City of Newton employees and residents ages 60 and up.

The Health & Human Services Department is taking **appointments beginning March 1**. Check with your primary care provider about whether the shingles vaccine is right for you, and then **call 617-796-1420 to make your appointment**.

Shingles, also known as herpes zoster, is a painful blistering skin rash caused by the virus responsible for chickenpox. The rash usually appears on one side of the face or body and lasts from two to four weeks. Its main symptom is pain, which can be severe.

Other symptoms can

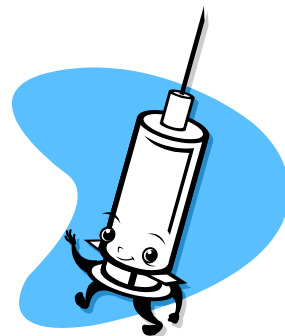
include fever, headache, chills and upset stomach. A painful condition lasting well beyond the rash is known as post-herpetic neuralgia and occurs in about 1 in 5 people with shingles.

Shingles is more common in older people. At least 1 million people a year in the United States get shingles. Shingles is not transmitted person-to-person and can only occur in people who have had chickenpox. The chickenpox virus stays in the body and can cause shingles later in life.

When the vaccine was tested, it reduced the risk of shingles by 50 percent. It can also reduce pain in people who still get shingles.

Those with weakened immune systems should not get the vaccine. People on certain medications should not get the vaccine. **It is important to check with your primary care provider to make sure the vaccine is appropriate for you.**

For more information or to make an appointment to receive the free vaccine, call the Health Department 617-796-1420.



## CPR COURSES RESCHEDULED



The new CPR dates are: March 1: 1 to 3 p.m., Crafts St.; March 9: 10 a.m. to 12 noon, City Hall 222; March 12: 2 to 4 p.m. Library; and March 14: 1 to 3 p.m., Elliot St. Utilities

The course is the American Heart Association Family & Friends CPR Course. This is a two-hour course that covers CPR for adults and children, how to use an AED, and how to help someone who is choking. The course is not for those who need a CPR certification card for a second job or volunteer position. Open to all employees with supervisor permission. **Email [wellness@newtonma.gov](mailto:wellness@newtonma.gov) to sign up**



City of Newton, MA

# INVEST IN YOURSELF

March 2012

## GET YOUR PLATE IN SHAPE

Before you eat, think about what goes on your plate or in your bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products and lean protein foods contain the nutrients you need without too many calories. Over the day, include foods from all the food groups. Try the following tips to "Get Your Plate in Shape."

**Make half your plate fruits and vegetables**, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables.

**Make at least half your grains whole** by choosing 100 percent whole grain breads, cereals, crackers, pasta and brown rice.

**Switch to fat-free or low-fat milk**, which have the same amount of calcium and other essential nutrients as whole milk.



**Vary your protein choices** by choosing from seafood, nuts and beans as well as lean meat, poultry and eggs.

**Cut back on sodium and empty calories** from solid fats and added sugars by drinking water instead of sugary drinks and switching to oils instead of solid fats when cooking.

**Enjoy your food, but eat less.** Get your personal daily calorie guidelines at [www.choosemyplate.gov](http://www.choosemyplate.gov)

**Be physically active your way.** Adults need 2.5 hours or more a week of physical activity that requires moderate effort such as brisk walking.

Find more healthy eating tips at [www.eatright.org](http://www.eatright.org)

## CHICKEN WALDORF SALAD RECIPE

*This recipe is a perfect way to use leftover chicken. With just 15 minutes of prep time, this recipe will be ready in a snap. No leftovers? Use the quick tip below for poaching boneless, skinless chicken breasts. You can also use store-bought rotisserie chicken. If you do, keep in mind that it's already salty and omit the salt in the dressing.*

### Ingredients

Makes 4 servings (about 1½ cups each)  
 ⅓ cup low-fat mayonnaise  
 ⅓ cup nonfat or low-fat plain yogurt  
 2 tsp lemon juice  
 ¼ tsp salt  
 3 cups chopped cooked chicken breast  
 1 medium red apple, diced  
 1 cup halved red or green grapes  
 1 cup sliced celery  
 ½ cup chopped walnuts, divided (toasted if desired)

### Preparation

Whisk mayonnaise, yogurt, lemon juice and salt in a large bowl. Add chicken, apple, grapes, celery and half of the walnuts. Stir to coat well. Serve topped with the remaining walnuts.

### Nutrition Facts

Serving size: 1½ cups  
 356 calories; 16g fat (2g saturated, 3g monounsaturated); 78mg cholesterol; 23g carbohydrate; 1g added sugars; 31g protein; 3g fiber; 408mg sodium; 537mg potassium

### Quick Tip:

*If you want cooked chicken in a hurry, the easiest way to cook it is to poach it. Place boneless, skinless chicken breasts in a skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low, and simmer gently until the chicken is cooked through and no longer pink in the middle (approx 10-15 minutes). (One pound of raw boneless, skinless chicken breasts yields about 2½ cups chopped or shredded cooked chicken.)*

## DAFFODIL DAYS FOR CANCER SOCIETY

March 1 is the deadline for the American Cancer Society fundraiser – Daffodil Days. The daffodil represents hope as spring approaches and symbolizes the hope we all share for a cancer-free future. Your support of the American Cancer Society's Daffodil Days helps give life and hope to millions of Americans facing cancer. If interested just choose from the following options ... Bear and a Bunch \$25, 3 Potted Bulbs \$15, Fresh Cut Bouquet \$10. Email [Linda\\_Walsh@newton.k12.ma.us](mailto:Linda_Walsh@newton.k12.ma.us) or Fran [frances719@hotmail.com](mailto:frances719@hotmail.com) by March 1. Include your name, school/dept, and check made to American Cancer Society. Delivery to your office March 20 and 21.